



May 2015

# BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

## HEALTH PROMOTION

### Summer Safety: 101 Critical Days Of Summer

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(U.S. Navy photo by Mass Communication Specialist 3rd Class Samuel Weldin/ Released)



# U.S. NAVAL HOSPITAL YOKOSUKA

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## HEALTH PROMOTION

U.S. Naval Hospital Yokosuka



Health Promotions  
HP@med.navy.mil

## Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!  
Call or email us at 243-9776 / 046-816-9776 [HP@med.navy.mil](mailto:HP@med.navy.mil)

### Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





# Beat The Heat With Sun Safety!

## Stay Safe In The Summer Sun

By: American Cancer Society

The best ways to lower the risk of skin cancer are to avoid long exposure to intense sunlight and practice sun safety. Here are some ways to be sun safe:

- Seek the shade, especially between **10 AM** and **4 PM**.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an **SPF of 15 or higher every day**. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an **SPF of 30 or higher**.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.

A change in sensation, such as itchiness, tenderness or pain  
For additional skin cancer information and prevention tips, visit [www.cancer.org](http://www.cancer.org).

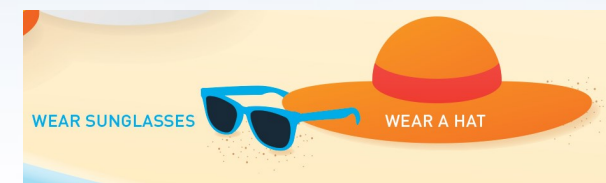
Being active outdoors is an important part of a healthy lifestyle, but it is important to protect yourself from the sun!

Skin cancer is the most commonly diagnosed cancer in the United States, and most cases are preventable.

See your physician every year for a professional skin exam.  
Skin cancer can be found early.

**See your primary care provider if you have any of these symptoms:**

- Any change in her skin, especially in the size or color of a mole, growth, or spot, or new growth (even if it has no color)
- Scaliness, oozing, bleeding or a change in the way a bump or nodule looks
- A sore that does not heal
- The spread of pigmentation (color) beyond its border, such as dark coloring that spreads past the edge of a mole or mark





# Keep Hydrated

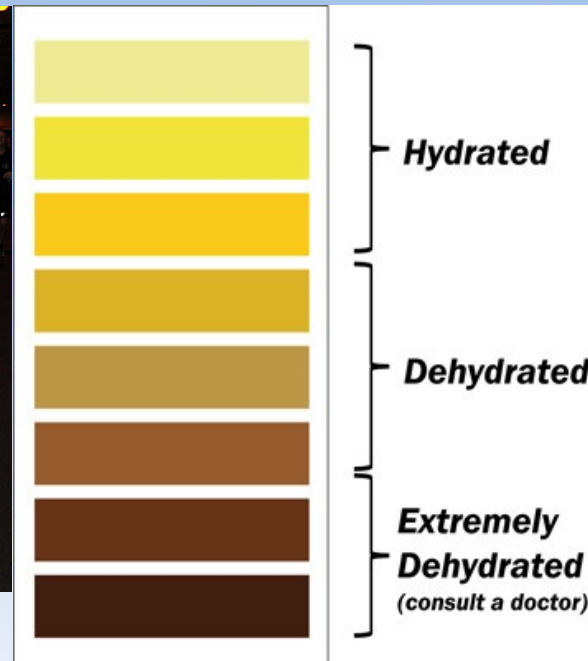
## Hydration 101 Part 1

By: Ensign Mari Moffitt,  
Registered Dietician

## Monitor Your Hydration Status:



(U.S. Navy photo by Mass Communication Specialist 3rd Class Margaret Keith/Released)



**Urine color**- appropriate hydration is straw or lemonade colored and dehydration is dark or the color of apple juice.

**Sweat loss** – changes in body weight before and after exercise can be used to estimate sweat loss.

There are many signs of dehydration: thirst, dry or sticky mouth, headaches, muscle cramps, and decreased urination. Severe dehydration can cause rapid heart beat, sunken eyes, dizziness or lightheadedness, dry, shriveled skin, and breathing rapidly.



# Keep Hydrated

## Hydration 101 Part 2

**By: Ensign Mari Moffitt,  
Registered Dietician**

What is an essential nutrient that makes up about 75% of our body weight? The answer is water.

Depending a person's age, weight, gender, physical activity, and environmental

factors they might be able to survive six weeks without food. However, without water they may only be able to survive for more than a week. Water is vital to many of our bodily functions; it helps lubricate joints, maintain blood volume, transports nutrients, regulates temperature, and helps prevent constipation. Despite its important role it sometimes becomes neglected during the day. The adult recommendation for water is about 2.7 – 3.7L per day or about 11 - 15 cups (8oz).



## Ways to get your cups of water a day

- Infuse your water with citrus, berries, melon, or vegetables. Examples: lemon slices with strawberries or cucumbers and honeydew. Add to water and let sit overnight.
- Dilute 100% fruit juice with sparkling water or water.
- Drink 1 glass of water before you eat.
- Eat fruits and vegetables with a higher water content: tomatoes, watermelons, cucumbers, celery, broccoli, strawberries, cantaloupe.

The recommendation for children depends on age, gender, and weight, the following chart may help:

Age Range	Gender	Total Water (Liters/Day)
4-8 years	Girls and boys	1.3
9-13 years	Girls	2.1
	Boys	2.4
14-18 years	Girls	2.3
	Boys	3.3

**Note:** Total water includes all water contained in food, beverages and drinking water.



# May Nutrition Classes at USNH Yokosuka

## May Nutrition Class Schedule

Contact: Nutrition Clinic to reserve a seat: 243-7128

BHC interested in scheduling a class, please contact Nutrition Clinic.

Thank you.

### Basic Nutrition Class

- Time: 0900 - 1000
- When: May 11  
DCO Link: <https://connect.dco.dod.mil/r66mopztrzl/>
- Where: Staff Education & Training Room 105

### Cardiac Nutrition Class

- Time: 1100 - 1200
- When: May 12  
DCO Link: <https://connect.dco.dod.mil/r90d2pbcw97/>
- Where: Staff Education & Training Room 105

### Diabetes Nutrition Class

- Time: 0800 - 0900
- When: May 14  
DCO Link: <https://connect.dco.dod.mil/r6ophsr1z5i/>
- Where: Staff Education & Training Room 105

### Prenatal Nutrition Class

- Time: 1030 - 1130
- When: May 29  
DCO Link: <https://connect.dco.dod.mil/r2hpc3np34t/>
- Where: Staff Education & Training Room 105

For your convenience patients can access DCO link from home or work center. For seat reservation and/or instructions on how to access DCO link please contact 243-7128. Thank you.



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# HEALTH PROMOTION

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Health Promotion  
HP@med.navy.mil

## May 2015 Summer Safety Month

SUN	MON	TUE	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800		
10	11	12	13	14	15	16
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800		
17	18	19	20	21	22	23
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	HFA 1400 & 1430  Summer Safety Fair Red Brick Area 1000-1400	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830		
24	25	26	27	28	29	30
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		

### HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! **\*BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

### USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323  
243-9776 / 046-816-9776 /  
HP@med.navy.mil

### TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!